

THE CENTER NEWS

WOODBURY SENIOR CENTER

September 2025

OUR MISSION

Woodbury Senior Center will serve as a community focal point providing information, programs, services, and links to promote independent living for adults at least 60 years of age.

Sign ups for September programs begin on Wednesday, August 27 at 9 a.m.



CENTER CLOSED

The Center will be closed on **Monday, September 1** for the **Labor Day** holiday. There will be no senior bus or medical bus transportation available.

September is National Senior Center Month "Flip the Script"

"Flip the Script" this National Senior Center Month. At the Center, you'll find programs and services that will help you connect to your community, your sense of empowerment, creativity, intelligence, health and, yes, fun! Check out the programs in this newsletter that have this script picture.



These are great starts to "flipping the script", putting YOU in the enrichment zone .

OUR STAFF

-Director of Senior Services
Loryn Ray

-Program Assistant
Diana Brandt

-Office Manager
Karen Blanchet

**-Municipal Agent/
Social Services Director**
Heather Zuckerman

-Senior Bus Drivers
Nancy Gubiotti
Paul Sagnella
Dave Deakin
Michael Cintron
Jerry Simmons

-Custodians
John White
Mike Duggan
Jacob Firlings

-Senior Nutrition Services
Donna Cole

NEW! CENTER CONNECTS IN THE COMMUNITY (CCC)

This fall the Senior Center will begin outreach programming in the community, meeting you at YOUR location. Programs are open to those people 60 and better who live in the neighborhood or apartment community we are visiting; programs set up in a local park or public space are open to all. At each program you'll have an opportunity to connect to resources in our community and meet members of the Senior Services Department and Commission for Seniors. Come join the fun!

Schedule of events:

Tuesday, September 16 from 10 to 11 a.m.
at the Hollow Park Pavilion

Coffee meet and greet and gentle morning stretch. Stop by to meet Center staff, pick up some resource materials and have a free coffee and muffin!
Morning Stretch begins at 10:30 a.m. for 20 minutes.

Tuesday, September 30 at 10 to 11 a.m.
at the Judson Avenue Apartments Gazebo

Stop by for free coffee and muffin, meet and greet and learn how to prepare for weather emergencies Take Home your free emergency go-bag duffel and storm preparedness starter kit!

HIGHLIGHTS

Lunch and Learn: Finale at the Funeral sponsored by Munson-Lovetere Funeral Home presented by Robyn Esposito

Monday, September 22 from 12 to 1:30 p.m.

You have been in control of every aspect of your life, so why leave your final chapter to chance? "Finale at the Funeral" is a free, informative talk hosted by Munson-Lovetere Funeral Home, designed to address common questions about pre-planning your final arrangements. This no obligation talk will be about 1 hour long with a question-and-answer session at the end. Refreshments are provided. Please sign up. Limited to 25.



Fire Extinguisher Presentation with Janet Morgan, Fire Marshal Friday, September 19 from 1 to 2 p.m.

Fire Marshall Janet Morgan will be at the Senior Center to lead a presentation on proper use of a Fire Extinguisher. Try and learn; stay safe! Please sign up.

Building Foundations of Caregiving presented by the Alzheimer's Association Tuesday, September 23 from 1 to 2 p.m.

This 60-minute program from the Empowered Caregiver Series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Building Foundations of Caregiving explores the role of caregivers and changes they may experience, building a support team and managing caregiver stress. Please sign up.



Alexander Hamilton and Aaron Burr: A Friendship that Turns into Adversity presented by Leon DiMartino Monday, September 15 from 1 to 2 p.m.

Learn the story of how two of the American's Revolutionary War generation's more popular heroes turn against each other and the consequences that a deadly event had on American History. Limited to 30. Please sign up.

MUNICIPAL AGENT/SOCIAL SERVICES

Heather Zuckerman, Social Services/Municipal Agent

203-263-4117 203-266-4310 (Fax)

Email: hzuckerman@woodburyct.org

Heather's Hours: Monday through Friday, 8 a.m. to 4 p.m. By appointment only.

Heather can help Woodbury residents with all their applications - Medicare Saving Program, SNAP (food stamps), Medicaid, Medigap, nursing homes, respite care, day care, the Home Care Program (CCC) and other services and benefits for seniors.

Notes from Heather:

Heather has a bulletin board located in the hallway at the Center with up-to-date information on benefits and services. Take a look regularly and be an informed consumer! Heather can answer any questions you may have after looking at the board.

The last call for Renter's Rebate is September 30! Eligibility: Woodbury residents at least 65 years old or disabled with an annual 2024 income not exceeding \$45,200 for an unmarried person and \$55,100 for a married couple. Call Heather to apply. There are no extensions for Renter's Rebate.

GETTING OUTSIDE

Advanced Hike

Monday, September 8 at 10 a.m.

White Memorial Conservation Center - Ice House Ruins Trail



We will hike parts of the Windmill Hill, Ongley Pond, Lake and Ice House Ruins trails, making a loop of this lovely shaded part of White Memorial Conservation Center. Sights along the way include varied forest, hill and water microenvironments, the ruins of the old ice cutting works on Bantam Lake, and an observation deck overlooking Bantam Lake. Total mileage will be about 2 miles with 100 feet of total elevation gain.

Beginner Hike

Wednesday, September 10 at 1 p.m.

Flanders Nature Center

This month's 1-mile beginner hike will take place at Flanders Nature Center. In the early fall hikes here are at their best! Our hike will be just about 1 mile in length, has only mild elevation changes and will begin at the Sugar House Parking Lot. Sign up to receive complete details.

FOR ALL HIKEs: Bring water to drink, bug spray and poles if you use them. Sign up in advance for hikes so we know you are attending. Each registered participant will receive hike details and driving directions prior to the hike. Fair weather only; rain cancels. Please sign up.

Walking Club with Lynn - Wednesday, September 10 & 24 at 1 p.m.

Walking Club with KathySue - Fridays, September 5 & 19 at 9:30 a.m.



Enjoy nature at a slow pace. Walk with Lynn or KathySue at the Woodbury Cemetery (meet in the back near the wood line). Bring a bottle of water, wear comfy shoes and perhaps a hat. Be sure to sign up so we know that you are coming to join us. Walk as much or as little as you like; there are benches for rest breaks too.

Outings at Flanders Nature Center

Wednesday, September 10, Monday, September 29 and Wednesday, October 8 from 1 to 2 p.m.

Come explore Flanders Nature Center with the Senior Center. Loryn and Diana will be leading these outings. Bus transportation provided if needed; thanks to Flanders for their partnership.



Wednesday, September 10

Explore some of the grounds with a peaceful beginner **hike**. Meet at the Sugar House parking lot.

Monday, September 29

Cell phone nature photography!

Meet at the Pavilion.

Wednesday, October 8

Nature Stretch and Guided Meditation

Meet at the Pavilion.



Senior Paddle on Lake Zoar

Thursday, September 4 from 1 to 4 p.m.



Let's go kayaking! The Center is partnering with the Pomperaug River Watershed for a kayak adventure for WSC members. We will be dropping in at the Lake Zoar boat launch on Scout Road in Southbury and paddle from the boat launch up to the lower Pomperaug River and back (just shy of 4 miles). We will paddle at a leisurely pace to allow us to enjoy the water and nature around us. Please remember a water bottle and light snack (like a granola bar) for our adventure.

You are welcome to meet at the Lake Zoar Boat Launch for 1 p.m. or meet at the Senior Center at 12:15 p.m. and caravan with Diana over to the boat launch. The program is FREE for those who have their own boats and equipment. If you need a boat, paddles and life vest, the Watershed Coalition has them available for rent for \$20 (cash) per person. Pre-Registration is Required. Limited to 15. Bus transportation will NOT be available.



FOOD AND NUTRITION

You must sign up for lunch by Monday morning of the previous week.

TUESDAY

September 2

(sign up by August 25)

Garden Salad
Chicken Parmesan
Pomodoro Pasta
Vegetable Medley
Fruit Salad

September 9

(sign up by August 29)

Chef Salad
Herbed Pork Loin
Roasted Potatoes
Vegetable Medley
Chocolate Cookie

September 16

(sign up by September 8)

Pasta Fagioli
Eggplant Rolatini
Vegetable Medley
Brownie

September 23

(sign up by September 15)

House Salad
Chicken Milanese
Herb Pasta
Vegetable Medley
Crumb Cake

September 30

(sign up by September 22)

Vegetable Lentil Soup
Swedish Meatballs
Mashed Potato
Vegetable Medley

THURSDAY

September 4

(sign up by August 25)

Chicken Rice Soup
Chicken Picatta
Rice Pilaf
Vegetable Medley
Applesauce

September 11

(sign up by August 29)

Caesar Salad
Grilled Pesto Chicken
Red Bliss Mashed Potatoes
Vegetable Medley
Rice Pudding

September 18

(sign up by September 8)

Cream of Broccoli Soup
Chicken Marsala
Buttered Noodles
Vegetable Medley
Cake

September 25

(sign up by September 15)

Cucumber & Tomato Salad
Italian Meat Lasagna
Garlic Knots
Vegetable Medley
Jello

A good lunch
with friends is a
recipe for
happiness.



Lunch News!

Lunches are held Tuesdays and Thursdays at noon for Woodbury residents only and are a great way to meet people and get out of the house.

Reservations are required.

Chef on Site meals are provided by The Art of Yum through New Opportunities, Inc. and is funded by Western CT Area Agency on Aging, CT Community Foundation and your donation. Please make your check out to "Senior Nutrition Services." Cash is also accepted. No credit cards. The suggested donation is \$3.50 - \$5 per meal.

Out of town seniors are welcome to bring a bag lunch to enjoy lunch with your friends at the Center.



Brass City Harvest Cooking Class with Nichole Wednesdays, September 3 & 17

12 to 1:30 p.m. in the Senior Center kitchen

Join Nichole for a hands-on cooking class centered around recipes featuring locally grown produce. Due to the abundance of fresh vegetables during the gardening months, class will be held twice in September. Class will be followed by a nutrition talk.

Class size is limited to 15. Please sign up.



Brass City Harvest Mobile Farmer's Market Wednesday, September 24 from 12 to 1 p.m.

The Brass City Harvest Mobile Farmer's Market will be at the Senior Center with a variety of local fruits, vegetables, meat and dairy products for you to buy. Stop by and take advantage of this local fresh food that is coming directly to us. The market takes cash, credit and Farmer's Market Debit Cards! Please support this effort to bring farm fresh produce to Woodbury residents. All ages welcome.

Eligibility for Farmer's Market Debit Cards: Seniors over 60 meeting income guidelines of: Household of 1 - \$2,413 gross monthly; Household of 2 - \$3,261 gross monthly. See Heather if you qualify.

HVHD Flu Shot Clinic

Wednesday, October 1 from 9 to 11 a.m.

Nurse Heidi and staff from HVHD will be at our center for our annual Flu Clinic. Although an appointment is not needed, you must register with the Senior Center and pick up the intake form that is required for your vaccine. Bring your completed forms to the flu clinic.

USING TECHNOLOGY

Technology with Clyde

Wednesdays, September 3 & 17 at 1 p.m.



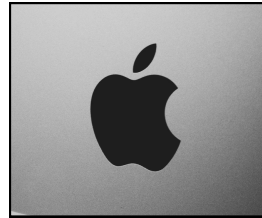
Boost your Tech IQ with expert-led sessions on basic skills. Bring your phone, laptop or tablet with your questions and let Clyde help you. Don't miss this opportunity to enhance your skills and connect with others. Class size is limited to 8. Please sign up.

Technology Bar - Apple Products with Jim

Wednesday, September 10 & 24 at 1 p.m.

Bring your Apple laptop, iPad or iPhone for some small group help with Techie Jim Parks.

Jim can help with quick issues like finding emails and photos or can help you research how to make your Apple tech work better for you. Limited to 5 people. Please sign up.



Foundations of Genealogy...

Continued

presented by Genealogist

Penny Hartzell

Wednesday, September 17

from 2 to 3:30 p.m.

Penny will be leading another class on the Foundations of Genealogy. Whether you are new to this historical research or a veteran, Penny will guide you through your research so you can uncover the history behind your family. Please sign up. Limit to 20.

EXERCISE CLASSES

STRETCH, STRENGTH AND CORE WITH SUSAN

Tuesday and/or Thursdays at 11 a.m. - September 2, 4, 9, 11, 16, 18, 23, 25 & 30

This class is available in person or on Zoom. It is an excellent all-around fitness program that helps older adults safely enhance their strength, flexibility and endurance. Bring light weights, a band and a small ball. The cost for September (9 classes) is \$36, Tuesdays (5 classes) is \$20 and Thursdays (4 classes) is \$16. Call the Center to sign up with your email for the link if you want to take the class via Zoom.



ZUMBA GOLD WITH EMPERATRIZ

Wednesday and Fridays from 9 to 10 a.m. - September 3, 5, 10, 12, 17, 19, 24 & 26

Join Emperatriz for her unique, lively dance class. Dance to Latin rhythms and popular tunes, and get a great workout while having fun! The cost for September (8 classes) is \$24. You must sign up for the full session.

TAI CHI WITH SUSAN

Wednesday from 1:30 to 2:30 p.m. - September 3, 10, 17 & 24

Tai Chi is a gentle form of moving meditation and is noted for improving dynamic balance, flexibility and for lowering stress levels. Please call the center to sign up and let us know if you opt to take this class virtually so we can send you the link. The cost for the September (4 classes) is \$20.



DEEP STRETCH AND MEDITATION CLASS WITH JENNIFER

Mondays and Thursdays from 8:30 to 9:30 a.m.

September 4, 8, 11, 15, 18, 22, 25 & 29 (no class 9/1)

This class is set to soothing music. Low-impact stretching and breathing exercises are designed to de-stress you physically and mentally while increasing flexibility. All levels of activity/fitness welcome. Dress comfortably and bring a mat. The cost for September (8 classes) is \$24. You must sign up for the full session.

CHAIR YOGA WITH JENN

Tuesdays from 9:30 to 10:30 a.m. - September 2, 9, 16, 23 & 30

Chair yoga is a modified form of traditional yoga that incorporates the use of a chair for support, making it more accessible and gentler, especially for those with limited mobility or balance. It allows individuals to experience the benefits of yoga while seated or with the support of a chair. Chair yoga can improve flexibility, strength, balance and promote relaxation through breath. Please wear comfortable clothes. The cost for September (5 classes) is \$20. You must register for the entire series. Limited to 20.



NEW LIMITED SERIES: PILOBOLUS PRESENTS CONNECTING WITH BALANCE

Thursdays from 1:30 to 2:30 p.m. - September 25; October 9, 16, 23, 30; November 6, 13

Engage with your body and movement for this one-of-a-kind exercise class! We are again pairing with Pilobolus to bring a unique exercise class to increase your flexibility, strength and balance! Please sign up. You must attend the whole series. Limit to 20.



EXERCISE CLASSES CONTINUED

BALANCE WITH LORYN OR DIANA

Mondays, Wednesdays & Fridays at 11 a.m.

September 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26 & 29
(no class 9/1)

Mondays at 12 p.m.

September 8, 15 & 29
(no class 9/1 and 22)

Thursdays at 9:45 a.m.

September 4, 11, 18 & 25

Fridays at 12 p.m.

September 5 & 19

(no class on 9/12 and 9/26)

Join Loryn or Diana for a jump start on regaining your balance. This class is done both seated and standing, and can be modified for any fitness level or special need. The class is free, but you must sign up monthly if you want to be notified if weather or other issues cancels a class.

On Mondays & Fridays, please choose one class only to attend due to space limitations.



CARDIO DRUMMING WITH DIANA

Thursday, September 11 from 1:30 to 2:15 p.m.

Cardio drumming is a fun, energetic workout that combines drumming movements with aerobic exercise, making it accessible to people of all fitness levels. Whether you are new to this exercise or a veteran come and join Diana for a fun afternoon of exercise and music!

Please sign up. Limited to 12.



NATIONAL FALLS PREVENTION MONTH:

HOW TO GET UP FROM A FALL

Friday, September 19 at 11:40 a.m.

Between sessions of Balance Class, feel free to stay after the first class or come early for the second class. Learn how to minimize injury if you fall, and how and when to get up again!

TRANSPORTATION

SENIOR BUS SHOPPING TRIPS

Woodbury - Tuesdays & Thursdays and some Mondays & Wednesdays (noted on calendar)

9 a.m. to 3 p.m.

Naugatuck - Monday, Sept. 8 (10 a.m.)

Torrington - Monday, Sept. 22 (10 a.m.)

Southbury - Wednesdays, Sept. 3 & 17 and

Fridays, Sept. 5, 12, 19 & 26 (10 a.m.)

Please remember that shopping bags are limited to 2 per person when the bus is full and you must be able to carry your own bags. Please sign up with Karen to ensure your place on the bus. Limit 8 shoppers per day on out of town trips.

If you haven't received your two free tote bags, please let us know. All your purchases must fit into these totes (it's okay to put them in another bag first).

MEDICAL TRANSPORTATION

Transportation will be available for non-urgent medical appointments as follows:

Mondays and Wednesdays - Waterbury, Middlebury and Watertown

Tuesdays, Thursdays & Fridays - Woodbury and Southbury

Please make your appointments accordingly - ideally between 9:30 a.m. to 1:30 p.m. As requests for rides increase, **please be aware that your request is not a guarantee of a ride.** At times, we may be unable to accommodate you as we have limited resources and staff. To the best of your ability, making appointments at least one to two weeks ahead of time will be helpful. Once your ride is confirmed by Karen, you can be assured knowing we will pick you up on time and get you where you are going. Please note we are unable to drive people to surgical procedures, including outpatient or one day procedures.

A suggested donation of \$2 for in-town rides and \$3 for out-of-town rides are accepted, but not required.

This helps offset fuel costs for operating the bus. Drivers do not accept tips.

SOMETHING FOR EVERYONE



Historical Women Theater with Sheryl Faye as Eleanor Roosevelt Saturday, September 20 at 1 p.m.

Acclaimed Historical actor Sheryl Faye comes to town as Eleanor Roosevelt. She was the first presidential spouse to hold press conferences. She advocated for expanded roles for women in the workplace, the civil rights of African Americans and Asian Americans and the rights of World War II refugees. She became one of the first delegates to The United Nations. Come see and hear her story in this live historical presentation. This program is a partnership program with the Woodbury Public Library. Open to all ages! Please let us know if you need transportation.

Medicare 101: Understanding your Options Monday, September 15 from 10 to 11 a.m.

Join us for a free educational session presented by the WCAAA CHOICES program (State Health Insurance Assistance Program - SHIP)! What you'll learn:

- An easy-to-understand overview of Medicare 101.
- The differences between Medicare Parts A, B, C, and D.
- Tips for choosing the plan that best fits your needs.
- Resources available to help you make an informed decision.

Please sign up. Limited to 25.



AAA Driver Improvement Mature Operator Program Monday, September 29 from 10 a.m. to 2 p.m.

Cost: \$15 (checks only - made out to "AAA Northeast" paid directly to the class instructor)



This course can save you money on your auto insurance (check with your insurance company). The cost includes the course materials and certification. AAA requires a minimum of 15 participants to run the class. Please sign up.



How to Manage Joint Pain vs. Soreness: The Benefits of Physical Therapy and Movement Thursday, September 25 from 1 to 2 p.m.

Joseph Ciarleglio, PT, MBA from Access Rehab will be here to discuss the difference between joint pain and soreness, how to manage the two symptoms and how and when Physical Therapy and movement can be beneficial to help minimize these symptoms. Please sign up.



Healthy Brain Series Session 3: Finding Meaningful Engagement as you Age Tuesday, September 16 from 1:30 to 2:30 p.m.



Julianne Ramia, Dementia Care Partner from Hartford Healthcare, will be presenting a 5-part Healthy Brain Series. For the third session Julianne will discuss how to find meaningful engagement as you age. Please sign up. Limit to 25.

ALL ARE WELCOME HERE

Woodbury Senior Center respects the diversity of our participants. You will find a warm welcome here, regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

CREATIVE CORNER

Craft Class with Danielle Monday, September 22 from 1 to 2 p.m.

This month Danielle, from Village Crest, will be making Patriotic Door Hangers with us! Please sign up. Limited to 12.



Stitches of Love Thursdays, September 4 & 18 1 to 2:30 p.m.

Whether you enjoy crocheting or knitting, this group is for you. Let us know if you'd like to join the group.

Crochet Corner Mondays, September 15 & 22 10 to 11:30 a.m.

All crocheters are invited and all skills are welcome. Bring your WIP or a completed work to show. Often there are new patterns to share, as well as some old favorites. If you are beginner, no problem, we are here to help. If you are a seasoned crocheter, come and share your skills. If you like to chat, stop in, we do that too!



Writing with Lin Northrup

Wednesdays, September 10, 17, 24 and
October 8 & 15 from 10 to 11:30 a.m.

Cost: \$25

Writers are activists. Our thoughts, observations, and questions fuel our desire to understand how our personal stories intersect with the global stories of our time. We may not carry placards down Main Street, but we carry the beauty, the sorrow and the light of hope in our hearts. We write what this human experience means to us and share it with each other. Discover how quotes, lyrics, poems, questions, and even a single phrase can activate your commitment to keep growing, learning, and celebrating life!

Please sign up. Class size is limited to 10 participants.

Lin is the author of *Leela and the Forest of Light*, teaches workshops on creative writing and Native American wisdom. linnorthrup.com



Imagery Journaling Wednesdays, September 3, 10, 17 & 24 at 1 p.m.

Journaling is a wonderful way to explore, embrace and accept your inner world. In this self-guided class you'll receive a journal, art supplies and other creative materials to get yourself started on your journaling journey. Please sign up.

WHAT'S NEW THIS MONTH



Friendship Fridays!

Friday, September 5 from 1 to 2 p.m.
starting with your brown bag lunch at 12:30 p.m.



This month's topic:

The Secret to Making New Friends as an Adult

Help us continue to grow a friendly and inclusive environment throughout our community. This NEW group has been formed to help grow and nourish new and long-lasting friendships. We will introduce concepts derived from published material, speakers and, most importantly, the collective wisdom of participants as we explore the intricacy of developing and maintaining a friend circle as we age. In addition to our discussion group, everyone is welcome to bring in a lunch and gather at 12:30 p.m. Please sign up.

BUS TRIPS

A new "levels" system of evaluating our trips and tours will help you decide whether a trip is right for you.

Level 1 - little walking or physical activity necessary; more sitting than walking.

Level 2 - moderate walking required with frequent opportunities to sit and rest, mostly flat terrain.

Level 3 - active walking required with fewer opportunities to sit; walking on uneven or challenging terrain.



SENIOR BUS TRIPS



Bethlehem Fair

Saturday, September 6 from 10 a.m. to 1 p.m.

Take a trip to the Bethlehem Fair! Our bus will take you from Woodbury to the fairgrounds. You will have 3 hours to walk around the fair, explore all it has to offer and eat some amazing food. We have been given a special discount of only \$7.50 per ticket! Please sign up.

Woodbury Residents only. Limit to 12. **Level 2-3**



White Flower Farm & Penny Farthing Tea Room and Bakery

Wednesday, September 24 from 10 a.m. to 2 p.m.



Journey to Morris and take a walk around the lovely grounds of White Flower Farm. Afterwards, head down the road to Penny Farthing Tea Room and Bakery for a bite of lunch or afternoon tea. Details at sign up. Cash is recommended for food. Please sign up. Woodbury residents only. Limited to 12. **Level 3**



"Third Thursday" visit to Bartlett Arboretum in Stamford and Lunch at Luigi's Restaurant

Thursday, September 18 from 9:30 a.m. to 4:30 p.m.

A Bartlett Education team member will lead our Third Thursday "walk and talk". This will focus on a specific theme or section of the Arboretum, encouraging a deeper relationship with some of the special trees, plants, and animals that live and grow at the Bartlett. This program is for the curious and NO special knowledge is required but walking shoes and proper attire are highly recommended. After our walk we will head over to Luigi's Restaurant for lunch. Cost \$10 cash for the Arboretum. Cash is recommended for lunch as separate checks are not always available. Please sign up. Limited to 12 Woodbury Residents. **Level 3**



FRIENDSHIP TOURS BUS TRIPS

Narragansett Lighthouse Cruise - Sunday, September 14

This trip is FULL!

Fireplace Feast at the Salem Cross Inn - Saturday, November 8

Cost: \$172 (check payable to Friendship Tours)

The Salem Cross Inn is a restored 18th Century farmhouse in West Brookfield MA. Enjoy a full day of "New England" Activities and a delicious fall feast. The trip includes a welcome cider reception with cheese and crackers, a tour of the historic inn, a horse drawn wagon or sleigh ride over the beautiful property, a luncheon including chowder of the sea, prime rib, vegetable, potato and apple pie. If you'd like the vegetarian entree of Vegetarian Pasta Primavera, it must be ordered at sign up. There will also be live local musical entertainment. Depart from Hollow Park at 9:30 a.m. Estimated return is 5:15 p.m. **Level 2**

Lyndhurst Mansion and Lunch at the '76 House - Sunday, December 7

Cost: \$153 (check payable to Friendship Tours)

Have lunch at the '76 House in Tappan, NY, then head to the Lyndhurst Mansion in Tarrytown, NY for a guided tour of this beautifully decorated Gothic Revival country house, decorated for the holiday season. Lunch includes a choice of chicken pot pie, fish and chips with fries or honey maple ham (choice made at sign up), mashed sweet potatoes and dessert and coffee. Depart from Hollow Park at 9 a.m. Estimated return is 5 p.m. **Level 2**

PROGRAMS

FRIDAY MOVIES - AT 12 P.M.

Friday, September 12: *Finding Neverland*

2004. Rated PG. Running Time: 1hr 46 min.

This charming account of a period in the life of author J.M. Barrie (Johnny Depp) reveals the real relationships and events that served as the basis for the author's most iconic work, "Peter Pan." After Barrie develops a platonic relationship with the widowed Sylvia (Kate Winslet) and her four sons, he is inspired to write a play about a group of children who don't want to grow up. The work proves a hit and winds up bringing Barrie and the children together in a way he had never expected. Please sign up.

Friday, September 26: *The Princess Bride*

1987. Rated PG. Running Time: 1hr 38min

A fairy tale adventure about a beautiful young woman and her one true love. He must find her after a long separation and save her. They must battle the evils of the mythical kingdom of Florin to be reunited with each other. Based on the William Goldman novel "The Princess Bride" which earned its own loyal audience. Please sign up.

Solo Aging Social Club

Wednesday, September 10 from 12 to 1 p.m.

Solo Agers will meet in the Activity Room. Feel free to bring a snack or lunch and use this time to connect with other solo agers, discuss topics important to you and make plans together. If there is any other support we can give you, please reach out to the staff. Please sign up.



Book Club

Tuesday, September 23 at 10 a.m.

This month we're reading *Where'd You Go, Bernadette?* by Maria Semple. When mother, wife, disgraced PTO mom and genius architect Bernadette Fox disappears, it's up to her teenage daughter, Bea, to find her through email messages, official documents, and secret correspondence -- creating a compulsively readable and surprisingly touching novel about misplaced genius and a mother and daughter's role in an absurd world (Amazon Books). Please sign up; new members welcome!

Coffee Chat with Loryn

Tuesday, September 2 from 1 to 2 p.m.

Bring your questions and ideas for a good discussion and enjoy participating in the life of our Center community. Please sign up.



Current Events via Zoom

Mondays from 10:30 a.m. to 12 p.m.

Join others for a weekly discussion of world events every Monday via Zoom. Call the Senior Center to register and to receive the email link. The next session begins on September 8.

Healthy Chats: Food Borne Illness

Friday, September 19 from 10 to 11 a.m.

Join Michelle Laguerre, the food inspector for the Housatonic Valley Health District. She will discuss everything you need to know about food-borne illness. Please sign up.

Dime Bingo!

Tuesdays, September 9 & 23 at 1:15 p.m.

Join in an afternoon of Bingo. The cost is 10 cents per card, per game. Please sign up.



Table Tennis

Mondays, September 8, 15, 22 & 29 and Fridays, September 5, 12, 19 & 26 from 1:30 to 3:30 p.m.

Please bring your own paddle. All are welcome.



Member/Volunteer of the Month



Kathy Reilly and Leon DiMartino have lots of great stories. One of the best is that Leon became a first time parent when he and Kathy married 4 years ago, when Kathy's grown children embraced this new marriage. Kathy and Leon's stories come from filling their days – and years - with memorable experiences. Kathy, who retired from Gaylord Hospital in 2024, has a small business doing community case management and Leon is a long-time adult educator who provides popular classes here at the Center, at OLLI in Waterbury and in Newburgh, NY. When not working or attending our balance classes, this happy couple enjoys volunteering, traveling, reading and walking our hallways hand in hand. Nice to know you, Kathy and Leon!



Woodbury Fall Festival Senior Bus Transportation Sunday, September 14 from 11 a.m. to 2 p.m.

The Senior Bus will be available for senior transportation to and from the Woodbury Fall Festival, at Hollow Park, during the hours of **11 a.m. to 2 p.m.** If you would like transportation, please call the senior center to arrange for a ride. There is no entrance fee to the festival. The festival includes local vendors, food trucks and live music. Fun for all ages!



SERVICES

Ask a Mental Health Professional Tuesdays, September 9 & 23

10 to 11:30 a.m. by appointment (30 minutes)

We all need support and resources to take care of ourselves, including our mental health. Twice a month, Ed Cole, LCSW will be here to meet with people who have questions on how to access mental health services in the community. Call the Center to make your half hour appointment with Ed.

Personalized Mini Facials with Laura, Licensed Aesthetician Wednesday, September 24

11 a.m. to 2 p.m. by appointment only



Experience a skin analysis followed by a customized mini facial with Laura. Treating yourself with care is always a good idea and a healthy skin goes a long way toward feeling well. Facials help hydrate, plump and protect your skin through every season. Your 30 minute facial session costs \$50. Additional and optional services include: Brow Waxing - \$15; Brow Design - \$25; Lips - \$10; Chin - \$10. Sign up now for your appointment.

Therapeutic Massage Appointments with Lea Ricard, LMT

Mondays, September 8, 22 & 29

10 a.m. to 2 p.m. and on Friday, September 5 from 9 a.m. to 1 p.m. - by appointment only

Lea has more than 13 years experience as a massage therapist. Give yourself or someone you love the gift of relaxation through a 30-minute or 1-hour massage. Call the Center to make your appointment.



30 minute massage - \$35

1 hour massage - \$60

Haircuts with Lucy

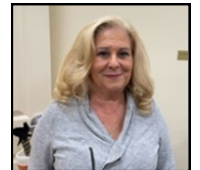
Friday, September 12 from 10 a.m. to 1:30 p.m. by appointment only

Lucy has 36 years experience as a hairdresser.

Call the Center to make your appointment.

New Pricing:

Men and Women - \$15



Ask an Attorney with Attorney Alyson R. Marcucio Friday, September 26 1 to 3 p.m. by appointment only



Attorney Marcucio offers 8 free individual 15-minute appointments each month. Her specialties are elder law, probate, wills, trusts, Power of Attorney and conservatorship. Please be prepared and bring your questions. Call the Center to make your appointment.

Talk with Nurse Susan Coates Monday, September 8 from 10 to 11 a.m.

Susan Coates, RN, will be here for a discussion on Understanding Dietary Supplements. Whether you currently take supplements or are thinking of starting this educational and informative talk is for you! Please sign up. Limited to 25.



Hearing Screenings

10 a.m. to 12 p.m. (by appointment)

These FREE screenings, conducted by Hearing Instrument Specialists Anne Catapano and Aida Vargas, provide an excellent opportunity to assess your hearing health and detect any early signs of hearing loss. Please sign up for your hearing appointment.



Blood Pressure Clinic

There will be no blood pressure clinics at the Center until January 2026 due to the Housatonic Valley Health District's flu shot clinics schedule. **Our flu shot clinic is October 1.** See page 4 for details.

SEPTEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed for the Labor Day Holiday	2 9-3 Bus in Woodbury 9:30-10:30 Chair Yoga 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 1-2 Coffee Chat with Loryn	3 9-10 Zumba Gold 10:00 Bus to Southbury 11:00 Balance Class 12-1:30 Cooking Class 1-2 Imagery Journaling 1:00 Technology with Clyde 1:30-2:30 Tai Chi	4 8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1:00 Stitches of Love 1-4 Senior Paddle on Lake Zoar	5 9-10 Zumba Gold 9-1 Messages with Lea (by appt) 9:30-11:30 Mah Jongg 9:30 Walking Club with KathySue 10:00 Bus to Southbury 10:00 Friends Meeting 11:00 Balance Class 12:00 Balance Class 1-2 Friendship Friday (12:30 Brown Bag Lunch) 1:30-3:30 Table Tennis
8 8:30 Stretch & Meditation 10:00 Bus to Naugatuck 10-11 Understanding Dietary Supplements 10-2 Messages with Lea (by appt) 10:00 Advanced Hike: White Memorial Ice House Ruins Trail 10:30 Current Events (virtual) 11:00 Balance Class 12:00 Balance Class 1:30-3:30 Table Tennis	9 9-3 Bus in Woodbury 9:30-10:30 Chair Yoga 10-11:30 Ask a Mental Health Professional (by appt) 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 1:15 Dime Bingo	10 9-10 Zumba Gold 9-3 Bus in Woodbury 10-11:30 Writing Class 11:00 Balance Class 12-1 Solo Aging Social Club 1-2 Imagery Journaling 1:00 Technology Bar - Apple Products 1:00 Walking Club with Lynn 1-2 Outing at Flanders Nature Center: Hike 1:30-2:30 Tai Chi	11 8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1:00 Commission Meeting 1:30-2:15 Cardio Drumming	12 9-10 Zumba Gold 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10-1:30 Haircuts with Lucy 11:00 Balance Class 12:00 Friday Movie: <i>Finding Neverland</i> 1:30-3:30 Table Tennis
15 8:30 Stretch & Meditation 9-3 Bus in Woodbury 10-11 Medicare 101: Understanding your Options 10-11:30 Crochet Corner 10-2 NO Messages with Lea today 10:30 Current Events (virtual) 11:00 Balance Class 12:00 Balance Class 1-2 Leon DiMartino presents Alexander Hamilton & Aaron Burr 1:30-3:30 Table Tennis	16 9-3 Bus in Woodbury 9:30-10:30 Chair Yoga 10-11 Center Connects with the Community: Hollow Park Pavillion 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 1:30-2:30 Healthy Brain Series Session 3: Finding Meaningful Engagement as you Age	17 9-10 Zumba Gold 10:00 Bus to Southbury 10-11:30 Writing Class 11:00 Balance Class 12-1:30 Cooking Class 12-3 Foot Care Clinic (by appt) 1-2 Imagery Journaling 1:00 Technology with Clyde 1:30-2:30 Tai Chi 2-3:30 Foundations of Genealogy...Continued	18 8:30 Stretch & Meditation 8:30-1:30 Dental Clinic 9-3 Bus in Woodbury 9:30-4:30 Senior Bus Trip: Bartlett Arboretum in Stamford and Lunch 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1:00 Stitches of Love	19 9-10 Zumba Gold 9:30-11:30 Mah Jongg 9:30 Walking Club with KathySue 10:00 Bus to Southbury 10-11 Healthy Chats: Food Bourne Illness 11:00 Balance Class 11:40 How to Get up from a Fall 12:00 Balance Class 1-2 How to Use a Fire Extinguisher 1:30-3:30 Table Tennis
22 8:30 Stretch & Meditation 10:00 Bus to Torrington 10-11:30 Crochet Corner 10-2 Messages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 12-1:30 Lunch & Learn: Finale at the Funeral 1-2 Craft Class: Patriotic Door Hanger 1:30-3:30 Table Tennis	23 9-3 Bus in Woodbury 9:30-10:30 Chair Yoga 10:00 Book Club 10-11:30 Ask a Mental Health Professional (by appt) 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 1-2 Building Foundations of Caregiving 1:15 Dime Bingo	24 9-10 Zumba Gold 10-11:30 Writing Class 10-2 Senior Bus Trip: White Flower Farm and Lunch 11:00 Balance Class 11-2 Mini Facials (by appt) 12-1 Mobile Farmer's Market 1-2 Imagery Journaling 1:00 Technology Bar - Apple Products 1:00 Walking Club with Lynn 1:30-2:30 Tai Chi	25 8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:45 Balance Class 10-12 Hearing Screenings (by appt) 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1-2 How to Manage Joint Pain vs. Soreness 1:30-2:30 Pilobolus - Connecting with Balance	26 9-10 Zumba Gold 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 11:00 Balance Class 12:00 Friday Movie: <i>The Princess Bride</i> 1-3 Ask an Attorney (by appt) 1:30-3:30 Table Tennis
29 8:30 Stretch & Meditation 9-3 Bus in Woodbury 10-2 Messages with Lea (by appt) 10-2 AAA Driver Improvement Mature Operator Program 10:30 Current Events (virtual) 11:00 Balance Class 12:00 Balance Class 1-2 Outing at Flanders Nature Center: Phone Photography 1:30-3:30 Table Tennis	30 9-3 Bus in Woodbury 9:30-10:30 Chair Yoga 10-11 Center Connects with the Community: Judson Avenue Apartments Gazebo 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta	Bethlehem Fair Bus Transportation Saturday, September 6 10 a.m. to 1 p.m.	Friendship Tours Trip Narragansett Lighthouse Cruise Sunday, September 14 10:30 a.m. to 7 p.m. Woodbury Fall Festival Senior Bus Transportation Sunday, September 14 11 a.m. to 2 p.m.	Historical Women Theater with Sheryl Faye as Eleanor Roosevelt Saturday, September 20 1 p.m. at the Center